

2025 Wellness Webinar Series



**Wednesday
November 19
Noon – 1:00 p.m.**

Sugar Unwrapped: The Real Scoop on Sweetness and Health

Get the facts on sugar's impact on health, exploring the "sugar epidemic" and ways to manage intake for diabetes prevention and control. We won't sugarcoat the practical strategies for making informed choices around this sweet substance for a healthier life.

PRESENTER: Ana Hernandez, Program Manager, Health and Wellness



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